

## AYURVEDIC MANAGEMENT OF SHINGLES - A CASE STUDY

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### ABSTRACT

*Visarpa* is a serious disorder afflicting like cobra venom spreading to various parts of the body very quickly. It is called also as *Parisarpa* because it spreads all over the body. In modern aspect it can be compared to Shingles which is derived from the Latin “singulus” a griddle that refers to the segmental arrangement of the eruption. This article has a case report of a typical case of Shingles, where the management was done by Ayurvedic line of treatment despite of its severity. She approached a modern hospital for the same where she was advised for few medications where she didn't find any relief, then due to the unbearable pain, burning sensation, and discomfort in which she couldn't find any cure for her symptoms, she approached Ayurveda for the same. Treatment was given based on *Dosha* predominance, internal medication like *Manjistadi Kashayam*, *Patolakaturhini Kashayam* which is basically used in skin disorders has been prescribed along with *Bilwadi gutika*, *Vettumaran gutika* which helps in controlling the infection and *Shatadhoutha ghritha* was given for external application. She was advised for dietary modification and to keep the affected area as well as her room clean. This was followed by the patient along with the medications, after following the advices regularly, she had better result within 10 days and when continued for a month, she had good results with the Ayurvedic medications.

**Keywords:** *Visarpa* – Herpes - Case Report - Ayurvedic management.

### INTRODUCTION

This article has a case report of 75 years female having a typical complaint of “*Visarpa*” which is correlated with “Shingles” in modern science. *Visarpa* is a serious disorder afflicting like cobra venom spreading to various parts of the body very quickly. Where patient was experiencing different types of pain, severe burning sensation, discomfort, developed boils and rashes, and she had approached a modern doctor

where medication was given in which she had no much effects, hence she approached Ayurveda. As there is involvement of *Vata* and *Pitta Doshas*, the medicines prescribed had *Vatapittahara* property. In such cases treatment should be started as early as possible because it has a very fast spreading nature and the patient will not be able to withstand the pain and the discomfort for long duration. So, delayed in treat-

ment may even cause death. So, active management is needed in such condition. This case has been well managed with Ayurvedic medications and certain life-style modification. Patient had a very productive improvement in the period of 30 days.

#### Diseases Review:

AYURVEDA ASPECT: *Visarpa* is a serious disorder afflicting like cobra venom spreading to various parts of the body very quickly. Delay in treatment may even cause death. Spreading is the characteristic feature of *Visarpa*. Lesion spreads either upwards or downwards or sideward or in all the directions is the characteristic features of *Visarpa*. And it is called also as *Parisarpa* because it spreads all over the body. Acharya Susrutha has characterized *Visarpa* by quick manifestation of swelling having their own special features, spreading to all parts of body, lesion is wide and doesn't develop swelling<sup>1</sup>.

#### Modern Aspect:

Herpes is derived from the Greek, meaning "to creep". The human herpes simplex virus consists of two closely related virus designated herpes simplex virus type 1 (HSV-1) and herpes simple virus type 2 (HSV-2). The virus causes a wide variety of mucocutaneous infections and produce both primary and recurrent infections. Transmission of HSV infections most frequently occurs through close contact with a person who is shedding virus at the peripheral site, mucosal surface, in genital or oral secretions<sup>2</sup>.

The word "shingles" is derived from the Latin "singulus" a griddle that refers to the segmental arrangement of the eruption. Zoster affects 20% of the general population during their lifetime especially the elderly. More than two thirds of the reported cases occur in individuals over 50 years of age and less than 10% occur in those under the age of 20 years.

The first symptoms are usually pain and paraesthesia in the involved dermatome. This often precedes the eruption by several days and varies from superficial itching, tingling, burning or lancinating pain. The rashes are nearly always unilateral. It begins as closely grouped maculo papules, which rapidly be-

come vesicular in 12-24 hours and then pustules in 2-3 days<sup>3</sup> as a part of complication in the case of herpes zoster.

#### Case Report:

CHIEF COMPLAINT: A 75-year-old female, presented with chief complaints of mild catching type of pain over the left abdomen, for that topical applications were done by herself. Next day she developed blisters associated with different types of pain such as pricking, cutting and squeezing types and severe burning sensation were experienced, which she was not able to withstand. She immediately approached to modern hospital, where she was diagnosed with post-herpetic neuralgia, where they advised for conservative management.

Even after 15days she didn't find any relief, hence she approached Ayurveda mode of treatment.

PAST HISTORY: Not a known case of Hypertension, Diabetes mellitus, Asthma, etc.

FAMILY HISTORY: All are said to be healthy.

PERSONAL HISTORY: -

DIET: Mixed

ACTIVITIES: Housewife, Standing work for 4-6 hours per day.

HABITS: Tea thrice a day.

NADI: 79/min

MALA: Once a day

MUTRA: 6-7 Times a day

TEMP.: 98.7F

WEIGHT: 73Kg

BP: 100/80 mmHg

TREATMENT GIVEN:

1. *Manjistadi kashayam* 15ml + *Patolakaturohini kashayam* 15ml (30ml-0-30ml-B/F).
2. Tab. *Vettumaran Gutika* (2-0-2-B/F).
3. Tab. *Bilwadi Gutika* (2-0-2- A/F).
4. *Gandha taila* with half glass of warm milk around 11am.
5. *Guduchi swarasa* 10ml early morning
6. *Sathadhoutha Ghrita* (External application then cover with Tender banana leaves)

7. *Nimba* leaves and *Haridra* are soaked in a bucket of hot water then allowed the water to cool- this water is used for bathing.
8. Water boiled with *Jeeraka* and *Dhanayaka* is given for drinking.
9. *Nimba* leaves and *Usheera* is made to hang on the room corners.

## DISCUSSION

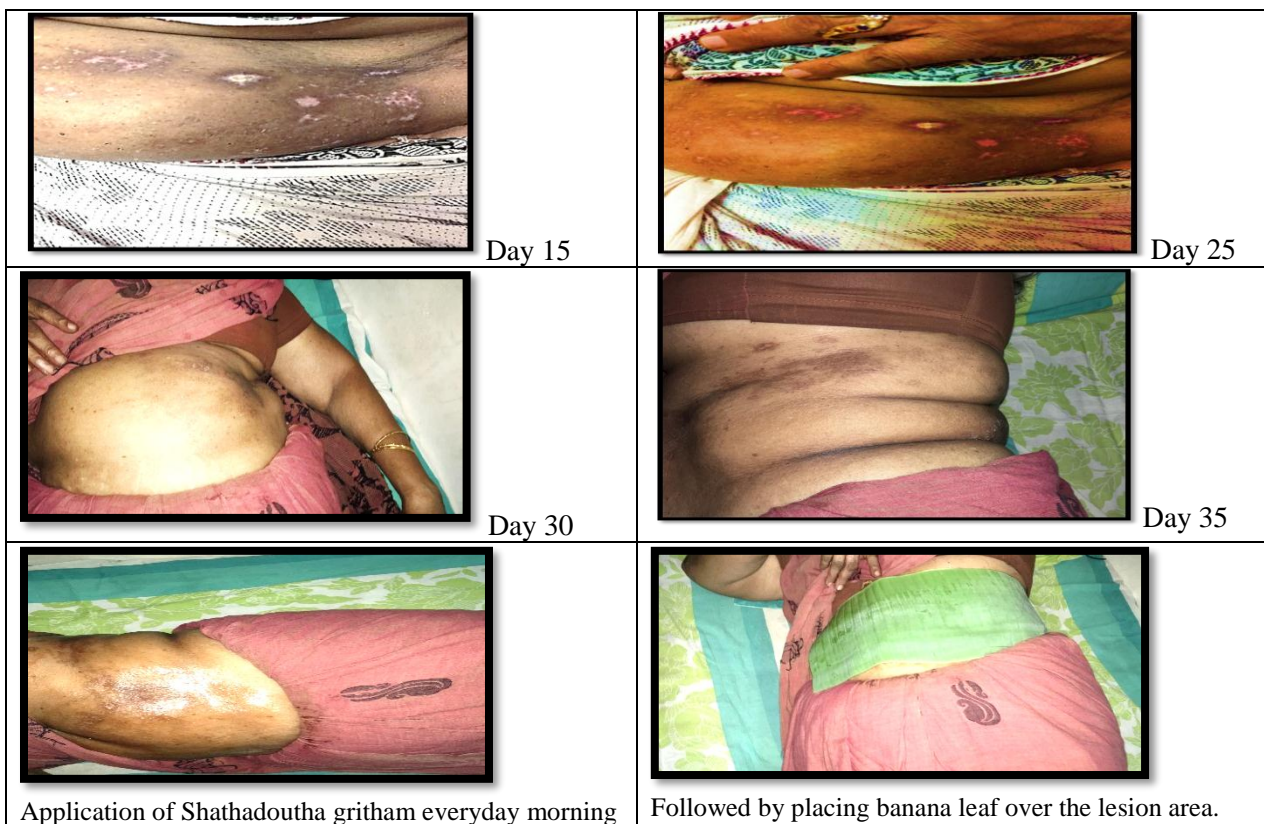
As many of the symptoms exhibited by the patient are mostly correlated with the symptom of Shingles and treatment which is suggested has a direct effect on the patient's symptom where *Manjistadi kashayam* has a reference from *Sharangadhara samhitha* and *Patolakaturohini kashyam* in which the drugs mentioned in *Patoladi gana* has *Kaphapitta shamaka* property like *Patola*, *Katurohini*, *Candana*, *Madhusrava*, *Guduci* and *Patha* which is indicated in all types of skin diseases<sup>4</sup>, *Tab. Vettumaran Gutika* has all its ingredients capable of enhancing pitta like *Maricha*, *Musta*, *Tankana*, etc., it has been given for fever. *Tab. Bilwadi Gutika* is mentioned as *Jwarahara* and is also used in indigestion. It has a property of *Vatakapha shamaka*<sup>5</sup>. *Gandha taila* which has been mentioned in *Bhanga pratisedha* of *Astanga Hridhya* where it has mentioned as *Vatapitta shamaka* and its good to bestow sturdiness to the bone<sup>6</sup> which is advised to administered with half glass of warm milk. *Guduchi Swarasa*, *Sathadhoutha Ghrita* for external application then covering with tender banana leaves were done. *Nimba* leaves and *Haridra* were used for bathing. Water boiled with *Jeeraka* and *Dhanayaka* was given for drinking where *Jeeraka* has *Pittavardhaka*

property and its decoction is used for cleansing in skin diseases<sup>7</sup> and *Dhanyaka* because of its *Madhura vipaka* and *Ushna veerya*, repeated administration can be effective in distaste, emesis, anorexia, indigestion, abdominal pain<sup>8</sup>, *Nimba* and *Usheera* was made to hang on the room corners, where *Nimba* is having *kaphashamaka* and *Pittashamaka* property by its *Tikta rasa*. Its leaves and bark are antimicrobial, *Vranapachan*, *Vranashodhan*, which will remove the foul smell and reduces burning sensation<sup>9</sup> and *Usheera* has *Pittashamak* property due to *Sheeta veerya* and by Charaka Acharya it has been explained best for *Pittaja vikara* due to its cool, refrigerant, decadent property and reduces perspiration<sup>10</sup> so with this combination of drug is used to hang in her room along with light food diet which is easy to digest and resisted to a room which is kept clean all time and important factor of quick prognosis from this patient is that she was not having any systemic conditions like Diabetes, Hypertension, etc.

## CONCLUSION

Based on the clinical signs and symptoms, the disease *Visarpa* can be correlated with Shingles. In this study Ayurvedic management was much effective to descend the burden of the patient. Ayurveda has a power to treat complicated cases and can take up the major role in treating such type of skin diseases by selecting the correct type of internal and external medications based on the *Dosha* predominance. Along with the medications, the dietary changes and the correction of the surrounding laid a helping hand in the management of this condition.





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